

EXERCISES FOR LOWER ABS

# C-CURVE

Hold for 60-90 seconds



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# ONE-LEGGED MOUNTAIN CLIMBER

10-15 reps on each leg



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HIP TIPS  
15-20 reps





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# ARMY CRAWL

3-5 forward/back reps



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# SIX PACK SCISSOR

12-15 reps on each side



24-30 reps, alternating sides



EXERCISES FOR LOWER ABS

# BEAR

10-15 reps

